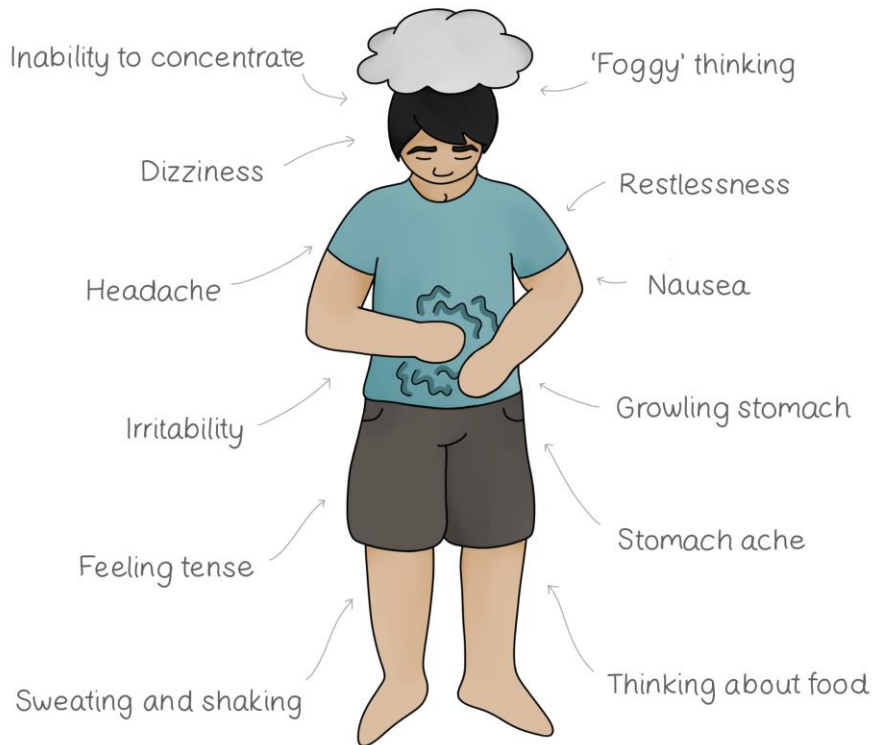


Signs you might be hungry

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Signs you might be

Full

Stuffed

- Loss of interest in food
- Absence of hunger cues (ie. stomach no longer rumbling)
- Light bloating
- Increased energy
- OR
- Feeling tired

- Heavy bloating
- Pain in stomach
- Feeling uncomfortable
- Nausea
- Aversion to food
- Exhaustion



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